

# News You Can Use



## Mount Mansfield Villages

### MAY 2023

Birds are nesting, and the grass is growing with exuberance! May brings us [Skin Cancer Awareness Month](#) and [Jewish American Heritage Month](#).

May's full [Flower Moon](#) will be below the horizon at peak illumination at 1:36pm on May 5.

Dates of note:

**May 6—**[Green Up Vermont Day](#)

**May 14—**[Mother's Day](#)

**May 20—**[World Bee Day](#)

**May 27-28—**[Open Studio Weekend-Vermont](#)

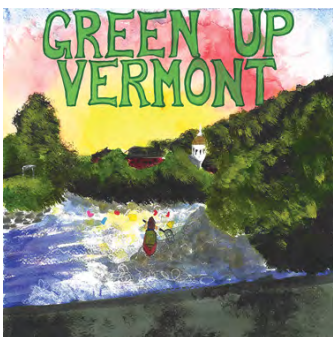
**May 29—**[Memorial Day](#)

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Listed events are a smattering of options—with a focus on free, relatively local, and in-person **unless noted otherwise**.

## ~ GREEN UP VERMONT—MAY 6 ~



Artwork by Penelope D.

[Green Up Vermont's mission](#) is to promote the stewardship of our state's natural landscape and waterways and the livability of our communities. Pick up Green Up trash bags and join your community to clean up your neighborhood roads. Contact [your Green Up coordinator](#) for more info. As a volunteer, you make a huge difference in our environment!

# MEMBERS' MEMORANDUM



~ 10 WARNING SIGNS ~

*and*

~ HEALTHY LIVING FOR YOUR BRAIN & BODY ~

**Wednesday, May 10, 2023, 11:30am–12:30pm**

Richmond Congregational Church, 20 Church Street

Co-sponsored by the Community Senior Center and  
the Richmond Congregational Church



Join this **hour-long program** presented by the Alzheimer's Association:

- **10 Warning Signs:** Know the warning signs of dementia to help determine if you should speak to a physician.
- **Healthy Living for Your Brain & Body:** Learn about research in the areas of diet, nutrition, exercise, cognitive activity, and social engagement and how these affect aging.

Parking is available across the street in the municipal lot.

For questions, contact Barbara Wyman at **[barbwyman@gmavt.net](mailto:barbwyman@gmavt.net)**.

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~ **MMV SHREDFEST IS COMING** ~

Time to clean out your file cabinet!



**Saturday, June 3, 2023, 10:00am–1:00pm**

Union Bank, Route 15 in Jericho—next to the Jericho Market

***Mount Mansfield Villages is sponsoring a shredding event*** for our members, volunteers, sponsors, and the local community at the Union Bank on Route 15—next to the Jericho Market. On-site parking is available. You may bring your personal papers in a bag or box. A SecurShred employee will put your papers in the secure truck to be shredded, and you can even watch the shredding process!



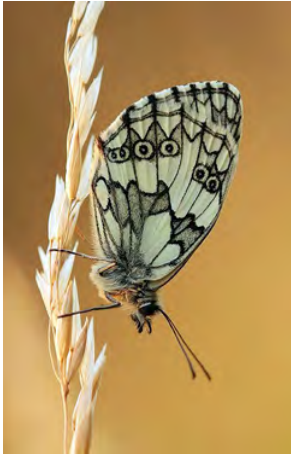
For information on how long to keep tax documents, visit this [AARP website](#). For more information on the business that will do the shredding, visit [www.securshred.com](http://www.securshred.com).

***MMV members may make a service request*** to have their papers picked up by an MMV volunteer to bring to the shredding site or to ask for a ride to the site to bring their papers in person.

This event is sponsored by our donors and Union Bank.



~ **JERICO & UNDERHILL LIFE SEARCH** ~  
Game On!



**Who:** Everyone, especially YOU!

**What:** Photograph any non-domesticated or non-human life form.

**When:** April through September

**Where:** Jericho and Underhill

**How:** Create an [\*\*iNaturalist\*\*](#) account on your computer or smartphone and upload your photos, selecting the [\*\*Vermont Atlas of Life project\*\*](#).

***From birds to butterflies***, your biodiversity sightings can make a difference. Contribute to a [\*\*Crowdsourcing Project\*\*](#) and join our growing community of citizen naturalists in discovering and sharing observations of Vermont life.

The iNaturalist program maintains a biodiversity database by city and town in Vermont and ranks them for the number of species, observations, and observers at [\*\*this link\*\*](#). Jericho ranks 10th in species with 2,014.

Bernie Paquette, a local naturalist and photographer, explains the [\*\*Jericho & Underhill Life Search\*\*](#) project and talks about how nature observations in the Green Mountain State can enhance your life in his blog at [\*\*this link\*\*](#).



Something odd is happening half way up this pine tree in Burlington. Have a guess? See page 18.

## REPORTING RESULTS

### ~ TABLETOP FLOWER BULB WORKSHOP ~

***In March a group of MMV members*** and volunteers enthusiastically rolled up their sleeves and planted flower bulbs in glass containers.

A few weeks later in April, the bulbs had sprouted and promised to produce cheerful flowers during mud season. Thank you to Tina T. for bringing blossoms into our lives sooner than the season did!



### ~ A BLAST AT BINGO ~

***Competitive spirits were incited*** as MMV members and volunteers pitted their luck against one another—while eyeing the attractive gifts waiting for the winners at the end of the table!

Thanks go to Margaret R. for orchestrating a fun gathering and fabulous gifts and to Rich R. for being a clear caller with patience and wit.



# AGING WELL—EVENTS

- **SOLO-SENIORS: HOW TO PLAN FOR AGING WITHOUT A FAMILY CAREGIVER** ♦ **ONLINE** ♦

**Friday, May 5, 2023, 1:00pm–2:30pm**

Dartmouth-Hitchcock Health, Aging Resource Center

Join the discussion on the personal and legal considerations involved in aging as a solo senior—an “elder orphan”—and how to begin planning for tomorrow...today. Registration and information are [here](#).



- **IDENTITY THEFT** ♦ **ONLINE** ♦

**Monday, May 15, 2023, 2:00pm–3:30pm**

Dartmouth-Hitchcock Health, Aging Resource Center

This presentation describes how identity theft occurs, recommends protective steps, and explains what to do if it happens to you. More info and registration are [here](#).

- **GET MOVING: EXERCISING FOR A HEALTHY BRAIN** ♦ **ONLINE** ♦

**Thursday, May 18, 2023, 12:00pm–1:00pm**

The Michael J. Fox Foundation



Expert panelists will discuss how exercise can help the brain health of anyone and how it can benefit those in any stage of Parkinson's. Tips will be provided for incorporating more movement into your daily routine. More information and registration are at [this link](#).

- **THE EFFECTS OF AGING ON SKIN** ♦ **ONLINE** ♦

**Wednesday, May 24, 2023, 10:00am–11:30am**

Dartmouth-Hitchcock Health, Aging Resource Center

The discussion will identify skin changes—what is part of the normal aging process versus signs that point to a more serious concern—along with treatments and healthy skin maintenance. Register [here](#).



# AGING WELL—RESOURCES

- **GRAB 'N GO LUNCH—PROVIDED FOR AGES 60 & OVER**



Register for the meal(s) with Age Well; if needed, request a meal delivery from MMV. Suggested donation is now \$5; info is [here](#).

**JERICHO** - Jericho Community Center, Jericho Center

**Wed, May 10, 2023, 11:00am–12:00pm** (Register by **Fri 5/5**)

**Menu:** [here](#)

**Register:** Jen at [ccjvermont@gmail.com](mailto:ccjvermont@gmail.com) or 802-274-4024

**UNDERHILL** - St. Thomas's Church, Underhill Center

**Wed, May 31, 2023, 11:00am–12:00pm** (Register by **Fri 5/26**)

**Menu:** [here](#)

**Register:** Teri at [office@stthomasvt.com](mailto:office@stthomasvt.com) or 802-899-4632

- **AFFORDABLE CONNECTIVITY PROGRAM** ♦ **ONLINE** ♦

You may qualify for 1) a monthly discount on a new or existing internet service plan through a government program called the Affordable Connectivity Program (ACP) and 2) a one-time device discount of up to \$100. To find out if you qualify, see [this website](#).

- **MEDICARE COVERAGE CHANGES FOR COVID-19** ♦ **ONLINE** ♦

The Public Health Emergency for COVID-19 ends on May 11, 2023. See [this webpage](#) for information on how Medicare's coverage will change relative to COVID-19 tests, vaccines, and telehealth services.

- **ElliQ - EMPATHETIC CARE COMPANION** ♦ **ONLINE** ♦

[The ElliQ website](#) notes that ElliQ is an empathetic care companion that empowers happy, healthy independent aging at home. New York State's Office for the Aging has purchased more than 800 ElliQs to act as companions for older adults. See [this article](#) for the story.





# HODGEPODGE OF HAPPENINGS

- **JUMPING WORMS IN THE HOME GARDEN**

**Saturday, May 6, 2023, 10:00am–11:00am**

Deborah Rawson Memorial Library, Jericho

Join UVM Master Gardeners for a presentation on invasive Jumping Worms—how to identify, prevent, and manage them in your home garden.

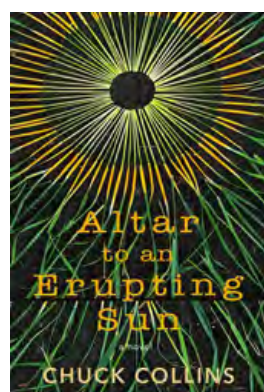


- **EXHIBIT RECEPTION: VERMONTERS AT WORK**

**Saturday, May 6, 2023, 1:00pm–3:00pm**

Vermont Historical Society, Barre

*Vermonters at Work* exhibition tells the story of the inventiveness and energy that Vermonters have always put into their daily work life. Information on the exhibit reception and curator talk is [here](#).



- **AUTHOR TALK: CHUCK COLLINS ♦ ONLINE ♦**

**Tuesday, May 9, 2023, 7:00pm–8:00pm**

Phoenix Books

*Altar to an Erupting Sun* is the debut novel for Vermont's non-fiction writer and storyteller Chuck Collins and is about one community's response to climate disruption. Registration is [here](#).

- **BECOME A WASTE WARRIOR**

**Thursday, May 11, 2023, 4:30pm–6:00pm**

Chittenden Solid Waste District

Attend free training and help foster behavioral changes around waste and recycling in our communities. To find out more and to sign up, see [this link](#).







- **ANNUAL BIRD WALK–EVERGREEN & SABINA**

**Saturday, May 13, 2023, 7:00am–9:00am**

Mills Riverside Park, Jericho

Bring your binoculars, wear suitable boots, and join Evergreen Erb and Sabina Ernst for the annual early morning bird “stroll” at the park. Co-sponsored by the Jericho Underhill Land Trust and the Deborah Rawson Memorial Library. More info is [here](#).



- **BLOCK PARTY: 2ND ANNUAL KINGMAN FEST**

**Saturday, May 13, 2023, 5:00pm–9:00pm**

Kingman Street, St. Albans

A free, fun, family-oriented block party with Jesse Agan—The Music of Queen...it will “Rock You!” Rain or shine. More information is [here](#).

- **PIANO & CELLO CONCERT**

**Saturday, May 20, 2023, 7:00pm–9:00pm**

Bryan Gallery, Jeffersonville

Pianist Diane Huling and cellist Melissa Perley will perform Rachmaninov, along with works by Shostakovich and Dvorak. Limited seating. Recommended donation is \$15. More information is [here](#).



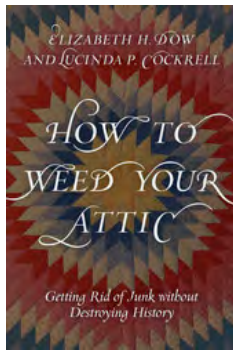
- **LECTURE SERIES: ELITE WOMEN IN THE BUSINESS OF SLAVERY, REVOLUTIONARY & EARLY FEDERAL ERAS ♦ HYBRID ♦**

**Sunday, May 21, 2023, 2:00pm**

Ethan Allen Homestead Museum

This presentation by Professor Alexandra Garrett will explore how socially elite women of the revolutionary and early federal eras participated in plantation and commercial enterprises through the institution of slavery and the consequences therein. More info is [here](#). Register for the Zoom link [here](#).





- **AUTHOR TALK: HOW TO WEED YOUR ATTIC**

**Wednesday, May 24, 2023, 6:00pm**

Deborah Rawson Memorial Library, Jericho

Join author Elizabeth Dow as she leads us in learning how to weed your attic without destroying history. See [this link](#).

- **VERMONT LEGISLATIVE UPDATE ♦ HYBRID ♦**

**Thursday, May 25, 2023, 6:00pm–7:00pm**

Deborah Rawson Memorial Library, Jericho

Join local representatives to the Vermont Legislature, Edye Graning and Trevor Squirrell, for the final update on the legislative session. Zoom connection info: Meeting ID: 478 309 7334  
Passcode: DRML



- **REVOLUTIONARY MILITIA REENACTMENT**

**Saturday & Sunday, May 27 & 28, 2023, 10:00am–4:00pm**

Ethan Allen Homestead Museum

Observe a Revolutionary militia reenactment with Whitcomb's Rangers. The reenactment will include lifestyle, tools, craft displays, and presentations of military camp life. Free with general admission. Contact the [EAHM](#) for more information.



- **JERICHO-UNDERHILL MEMORIAL DAY PARADE**

**Monday, May 29, 2023, 11:00am**

This year's Memorial Day Parade will proceed from Browns River Middle School to Veterans Park in Jericho. There will be a guest speaker, fire engines, rescue vehicles, the Mount Mansfield Union High School Marching Band, youth ball teams, and more.



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## COOK'S CORNER

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### ~ CRUSTLESS ASPARAGUS QUICHE ~

Contributed by MMV volunteer Dorsey Naylor



#### INGREDIENTS:

- 15-20 asparagus spears (thin is best)
- 5 eggs, lightly beaten
- 1 cup milk/cream (any type or combination will work)
- 1/4 tsp salt
- 1/4 tsp white pepper
- 1/8 tsp cayenne pepper
- 1/8 tsp nutmeg
- 2 Tbsp fresh, chopped chives
- 1 cup Swiss or cheddar cheese, shredded
- 1/2 cup ham, diced (optional)

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## DIRECTIONS:

### Step 1

Preheat the oven to 350 degrees F. Coat a 9-inch pie plate or quiche baking dish with cooking spray.

### Step 2

Cut the woody ends off of the asparagus spears. Cut the asparagus spears in half—set the top halves of the spears aside. Cut the lower halves of the asparagus spears into 1-inch segments.

### Step 3

Combine the 1-inch asparagus pieces with the remaining ingredients in a bowl. Pour the mixture into the prepared baking dish.

### Step 4

Using a fork, distribute the ham, cheese, and small asparagus pieces in the baking dish. Place long asparagus spears in a sunburst design on top of the mixture (see photo on the previous page).

### Step 5

Bake the quiche uncovered for 50-60 minutes or until an inserted knife comes out clean. The top should be puffed and lightly browned. The quiche will continue to set after it is removed from the oven—allow it to sit for 10-15 minutes before cutting.

### *Dorsey notes:*

*"This quiche is an easy, delicious late Spring treat when fresh asparagus abounds in Vermont. It is also very versatile. It can be made with or without a crust, with or without ham, and with almost any kind of cheese or mixture of cheeses.*

*If you are in a hurry, forget the sunburst pattern and chop all the asparagus into 1-inch pieces. The higher the fat content in the milk and/or cream you use, the creamer the quiche will be. Go ahead and splurge a bit since you will not be eating crust!"*





## A MEMBER'S REFLECTIONS

### ~ *Musings Number 2* ~

Contributed by MMV member Sue Kusserow

And when shall I turn from You?  
Since you were brought to me  
by rote and heritage and memory.

So I can walk in my small woods  
And watch the soft eager opening  
Of the first leaf, that shows me which way to go.

Love has never left me  
The way God has.  
And that way I shall go, too  
Where spring is always  
Ahead of me...small, smooth leaf  
That whispers a catechism of my own making, my own love  
Told as I would recite it, to the next  
Tiny leaf that brushes the small wood leaf that walks with it.



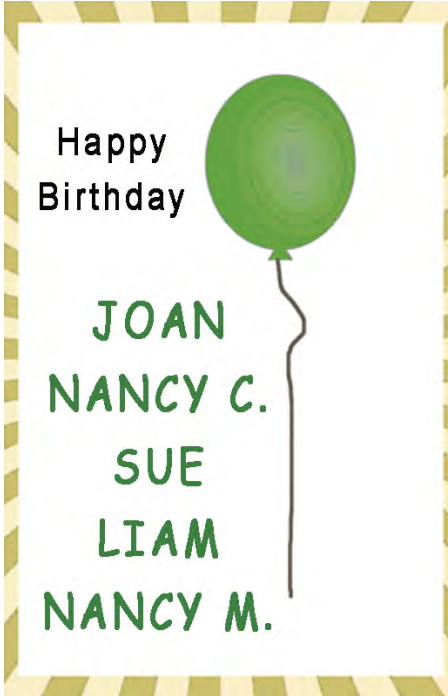
***Sue Kusserow is a retired nurse*** who has traveled the world but feels most at home in Underhill Center, where she has lived and raised her family for 60 years.

Sue has been writing for most of her life and has always found sanctuary and inspiration in the natural world. Her writings have been published in literary journals and appear regularly in the Mountain Gazette. Sue's essays are a window into her daily life and thoughts and always incorporate details of the natural world that she encounters as she goes about her days.

Her closest companions are Lucy and Luna, her faithful yellow labs.



## SPECIAL SALUTE



### BIRTHDAY IN HISTORY

Born in May 1844, Mary Cassatt lived in Philadelphia but spent much of her youth traveling abroad with her family. Cassatt was frustrated that her art school in Philadelphia didn't take women students seriously and returned to Paris at age 22 to study privately under teachers from Ecole des Beaux-Arts. In her early 40s, she left the Impressionist movement behind and refused to be defined by any art genre. Cassatt's body of work often featured women and children in their everyday lives, breaking with tradition by portraying her subjects in natural, casual poses instead of creating formal portraits. A friend of Mrs. Louisine Havemeyer, Cassatt was instrumental in shaping the Havemeyer art collection, part of which is housed at Shelburne Museum.



*"Women should be someone and not something."* ~ Mary Cassatt



### WE THANK OUR GENEROUS COMMERCIAL DONORS

Age Well

Ben & Jerry's Foundation

Central VT Council on Aging

Community Bank, N.A.

Concept2, Morrisville

The Harnisch Foundation

The Tarrant Foundation

Union Bank, Jericho

United Church of Underhill

Vermont Electric Cooperative

Vermont Mutual Insurance



## Mount Mansfield Villages

***It takes a village to help older adults stay in their homes***, live independently, and remain connected. Mount Mansfield Villages (MMV) is a nonprofit 501(c)3, membership organization formed to provide a supportive village for residents of Cambridge, Underhill, & Jericho.

### **Want more information about MMV?**

Visit our website [www.mountmansfieldvillages.org](http://www.mountmansfieldvillages.org)

Email us at [mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com)

Call us at 802-858-5381

Please get in touch if you'd like to explore becoming a member, volunteer, sponsor, donor, or commercial service provider.



***MMV News You Can Use*** is a resource to share information that might be of interest to its members, volunteers, sponsors, and friends. The events listed are a collection of activities—some digital and others in the local area—that may appeal to our readers. Mount Mansfield Villages does not endorse event providers or listings other than the events it specifically sponsors or co-sponsors.

If you have suggestions for postings, problems with “links” in the newsletter, or if you wish to unsubscribe, please let us know at [mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com).



# PURE PUZZLEMENT

From 1950's Adult Activity Book, 2021 Sharper Mind Press. The answers are on **PAGE 18**.

## *Word Scramble: Memorable 1950s Hairstyles*

1. EOLDOP TCU      \_ \_ \_ \_ \_ \_ \_ \_ \_ \_
2. OTFNBUFA      \_ \_ \_ \_ \_ \_ \_
3. EEVHEIB      \_ \_ \_ \_ \_ \_
4. MPDUARPOO      \_ \_ \_ \_ \_ \_ \_ \_
5. EOBYGAP      \_ \_ \_ \_ \_ \_
6. IXIEP      \_ \_ \_ \_
7. UCDK ATLI      \_ \_ \_ \_ \_ \_ \_ \_
8. OFFCEID      \_ \_ \_ \_ \_ \_
9. IOALTNYP      \_ \_ \_ \_ \_ \_ \_
10. USEIBSNDR      \_ \_ \_ \_ \_ \_ \_ \_
11. YLURC BBO      \_ \_ \_ \_ \_ \_ \_ \_
12. INHCNOG      \_ \_ \_ \_ \_ \_

Below are the answers to the puzzle in this edition of *News You Can Use*.

### *Answers: Memorable 1950s Hairstyles*

1. POODLE CUT
2. BOUFFANT
3. BEEHIVE
4. POMPADOUR
5. PAGEBOY
6. PIXIE
7. DUCK TAIL
8. COIFFED
9. PONYTAIL
10. SIDEBURNS
11. CURLY BOB
12. CHIGNON



Rory Raccoon is taking a Sunday morning siesta in an abandoned squirrel's nest.